

Health and Wellbeing Activities 2026

Correct as at 16.07.26

Please note that activities marked with an asterisk * are not Healthy Sunshine Coast funded classes and are offered independently of Sunshine Coast Council.

Monday

5.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
6.15am	Heart Foundation Walking – Hearty Alex Walkers with volunteer Walk Organiser Del in Alexandra Headland – FREE
6.30am	Sunrise Fitness with Suncoast Wellness on Chambers Island in Maroochydore – CLASS IS PAUSING OVER THE COOLER MONTHS AND WILL RECOMMENCE 3 AUGUST
7.00am	Heart Foundation Walking – Mapleton Movers with volunteer Walk Organiser Donna in Mapleton – FREE
7.30am	Heart Foundation Walking – Caloundra Physio Centre Happy Walkers with volunteer Walk Organiser Jake in Caloundra – FREE
7.30am	Heart Foundation Walking - Dicky Beach Walking Group with volunteer Walk Organiser Sue in Dicky Beach – FREE
7.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
8.00am	Weights and Core with All in One Fitness in Beerwah
8.45am	Circuit with Worx Health and Fitness in Maroochydore
9.00am	Aqua Aerobics with BlueFit Sunshine Coast in Eumundi
9.15am	Dance Exercise Movement with Sue Johnson in Coolum Beach
10.00am	Strength and Stability for Older People with Range Community Gym and Fitness Centre in Mapleton
10.00am	Movers & Shakers “Silver Legends” - Fun and Fitness for Seniors* with Kym Cousins in Caloundra (<i>Independent Class</i>)
4.00pm	Gentle Yoga with Fleur Michaels in Buddina (Kawana)
4.30pm	Chair Yoga* with Sue Moore in Caloundra (<i>Independent Class</i>) - Weekly, except the first Monday of the month.

- 4.45pm** **Weight Loss Circuit*** with Worx Health and Fitness in Maroochydore (*Independent Class*)
- 5.00pm** **Dragon Boat Paddling for Women*** with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah (*Independent Class*)
- 5.30pm** **The Practice of Mindfulness for Stress Reduction** with Sue Moore in Caloundra
- Weekly, except the first Monday of the month

Tuesday

- 5.30am** **Heart Foundation Walking - BMF Walkers** with Body Mechanics and Function in Maroochydore – **FREE. NEW WALK**
- 6.45am** **Meditation with Brahma Kumaris Centres for Spiritual Learning** in Tickle Park, Coolum Beach – **FREE**
- 8.00am** **Aqua Aerobics** with Belgravia Leisure in Nambour
- 9.30am** **Qi Gong \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE**
- 10.00am** **Fun, Fitness and Strength for All Abilities** with FITCare Support Services in Maroochydore (Buderim)
- 10.00am** **MIND FIT** with Theresa Walker-Langley in Maleny
- 10.30am** **Laughter Yoga** with Po Mei Kwong in Caloundra
- First and third Tuesday of the month
- 10.30am** **Zumba with Tianna** in Buderim
- 10.30am** **Tai Chi \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE**
- 11.00am** **Brain Health Fitness*** with Vicki Doolan in Palmview (*Independent Class*)
- 11.15am** **PrYme Lite** at the YMCA Caloundra in Caloundra
- 11.30am** **Fusion \$5 Class** with Synergy Performance Institute in Forest Glen – **\$5 FOR EVERYONE**
- 2.45pm** **Strength and Stability for Older People** with Range Community Gym and Fitness in Mapleton
- 4.30pm** **Zumba*** with Ayesha at Worx Health and Fitness in Maroochydore (*Independent Class*)

Wednesday

5.00am	Sunrise Men's Gathering with Cristian Trujillo at Beach Access 124 in Mudjimba
5.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
6.00am	Yoga by the Lake with Fleur Michaels in the park overlooking Lake Kawana at Bokarina – ONLY \$5 FOR EVERYONE
6.00am	Men's Community Yoga & Wellbeing with Kayur Kotecha in Currimundi – NEW CLASS
6.00am	Heart Foundation Walking – Twin Waters Walking Group with volunteer Walk Organiser Alannah in Twin Waters – FREE
6.15am	Heart Foundation Walking – Hearty Alex Walkers with volunteer Walk Organiser Del in Alexandra Headland – FREE
6.45am	Qi Gong with Wayne Brooks at Beach Access 163 in Alexandra Headland – COMMENCING AT 6.45AM UNTIL 12 AUGUST
7.00am	Heart Foundation Walking – Buderim Heart Beats with volunteer Walk Organiser Lynne in Buderim – FREE
7.00am	Heart Foundation Walking – Mapleton Movers with volunteer Walk Organiser Donna in Mapleton – FREE
7.30am	Heart Foundation Walking – Sunshine Plaza – Healthy Heart Walkers with volunteer Walk Organiser Alison at the Sunshine Plaza, Maroochydore – FREE
7.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
9.00am	Chair Yoga, Mobility and Movement with Kyah Rynne in Kenilworth
9.30am	Resolve Seniors Fitness with Resolve Fitness in Caloundra
9.30am	Functional Circuit Training with Gaye Becker in Buderim
10.00am	Chair Yoga for All Abilities with Sarah White from Breathe Yoga Space in Maroochydore
10.00am	Strength and Stability for Older People at Range Community Gym and Fitness Centre Mapleton
10.30am	MIND FIT with Theresa Walker-Langley in Buddina
11.00am	Fusion \$5 Class with Synergy Performance Institute in Forest Glenn
3.45pm	Kid's Yoga and Mindfulness with Erika Romano in Maroochydore – PLEASE NOTE CHANGE OF DAY TO WEDNESDAY. OFFERED IN SCHOOL TERMS ONLY
4.45PM	Toning Pilates* with Worx Health and Fitness in Maroochydore (<i>Independent Class</i>)

5.00pm	Dragon Boat Paddling for Women* with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah (<i>Independent Class</i>)
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Thursday

5.45am	Outdoor Exercise with Extraining at Bokarina Boulevard Park in Bokarina
6.45am	Qigong with Sue Pope at Beach Access 266 Dicky Beach – PLEASE NOTE NEW COMMENCEMENT TIME
8.45am	Circuit with Worx Health and Fitness in Maroochydore
9:30am	Yoga in the Park with Selina Stewart at Martin Rungert Park in Mooloolah Valley
9.30am	Stockland Chair Yoga with Sue Moore at Stockland Birtinya Shopping Centre – FREE. CHECK WEBSITE FOR DETAILS OF WHEN CLASSES ARE HELD
9.30am	Chair Yoga* with Sue Moore at Kawana Island Meeting Place in Meridan Plains (<i>Independent Class</i>). Various dates, check Healthy Sunshine Coast website for details
10.15am	Fun, Fitness and Strength for All Abilities with FITCare Support Services in Maroochydore (Buderim)
11.00am	Brain Health Fitness with Vicki Doolan in Caloundra
11.15am	PrYme Lite at the YMCA Caloundra in Caloundra
12.30pm	Chair Yoga for All Abilities with Victoria Sutton from Dragonfly Health Space in Coolum Beach
2.45pm	Strength and Stability for Older People with Range Community Gym and Fitness Centre in Mapleton
3.00pm	Heart Foundation Walking - Currimundi Coastal Walkers with volunteer Walk Organiser Lesley in Currimundi – NEW WALK
4.45pm	Relaxing Yoga* with Worx Health and Fitness in Maroochydore (<i>Independent Class</i>)

Friday

5.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
6.15am	Heart Foundation Walking – Hearty Alex Walkers with volunteer Walk Organiser Del in Alexandra Headland – FREE

6.30am	Tai Chi and Qi Gong with Nathan Coxsen from Chenstyle Tai Chi Australia at Beach Access 124 in Mudjimba
6.45am	Heart Foundation Walking - Ninderry Trail Mates with volunteer Walk Organiser Janet in Ninderry – FREE
7.00am	Heart Foundation Walking – Mapleton Movers with volunteer Walk Organiser Donna in Mapleton – FREE
7.30am	Heart Foundation Walking – Sunshine Plaza – Healthy Heart Walkers with volunteer Walk Organiser Alison at the Sunshine Plaza, Maroochydore – FREE
7.45am	Outdoor Fitness Circuit with Extraining at Power Memorial Park in Mudjimba
8.00am	Movement and Stability with Weights with All in One Fitness in Beerwah
8.00am	Aqua Aerobics with Belgravia Leisure in Nambour
9.30am	Yoga with Theresa Walker-Langley in Maleny
9.30am	Dance Exercise - Movement to Music* with Sue Johnson in Buderim (<i>Independent Class</i>)
9.40am	Gentle Yoga with Terri Andrews in Maroochydore – CANCELLED 31 JULY AND 14 AUGUST
10.00am	Strength and Stability for Older People with Range Community Gym and Fitness Centre in Mapleton
10.00am	Qi Gong and Meditation with Jeanie and Paul Mallard in Currimundi
11.00am	Fusion \$5 Class with Synergy Performance Institute in Forest Glen – \$5 FOR EVERYONE.

Saturday

5.45am	Outdoor Exercise with Extraining at Bokarina Boulevard Park in Bokarina
6.00am	Dragon Boat Paddling for Women* with SCDA Mavericks Dragon Boat Club at the boat ramp at Maroochy Waterfront Camp in Diddillibah (<i>Independent Class</i>)
6.45am	QiGong on the Beach with Wayne Brooks at Beach Access 163 in Alexandra Headland – NEW CLASS
7.00am	Mat Pilates for All Ages and Abilities with Manuel Alcázar Rojo at Picabeen Green Park in Palmwoods – NEW PROVIDER
7.00am	parkrun Sunshine Coast held in twelve locations – Baringa; Birtinya; Brightwater; Coolum Eco; Glasshouse Mountains Conservation; Golden Beach; Harmony Boulevard; Kawana; Maleny Trail;

Mudjimba Beach; Nambour; and Parklakes Wetlands

8.00am **Yoga in the Park** with Agata Paruszevska and Fleur Michaels at the Maroochydore Regional Bushland Botanic Gardens in Tanawha

10.30am **Laughter Yoga with Po** at Buderim Lions Park, Buderim –
- Monthly - second Saturday of the month

Sunday

8.30am **Reconnecting with Nature** with Jay Ridgewell at the Maroochydore Regional Bushland Botanic Gardens in Tanawha – **CANCELLED 2 AUGUST**
- Monthly - first Sunday of the month

9.00am **Qigong** with Lisa Raquel Cowan at Tesch Park in Maleny – **OFFERED IN SCHOOL TERMS ONLY**

PLEASE NOTE:

- You must be registered for the program to join in the activities – please register on the Healthy Sunshine Coast website (details below)
- Activities cost \$10 or \$5 with a Health Care/Pensioners card*
- Evidence of this card will be required at the first class
- Where appropriate, the cost for children under 18 years of age is \$5 when accompanied by an adult, or \$10 if a children's-only activity
- Sessions run for a minimum of 45 minutes (check with provider)

*Some activities do have a different cost – please check website for details

VISIT THE HEALTHY SUNSHINE COAST WEBSITE FOR DETAILS ON HOW TO REGISTER FOR THE PROGRAM, AND FOR UP-TO-DATE DETAILS AND BOOKING ARRANGEMENTS FOR CLASSES.

DETAILS OF ALL THE HEALTHY SUNSHINE COAST ACTIVITIES HERE:

https://sunshine-coast-council.trumba.com/healthy-sunshine-coast?utm_source=sunshine%2Bcoast%2Bcouncil&utm_medium=website



REGISTER FOR THE PROGRAM HERE:

https://cdn.forms-content.sg-form.com/c02f6448-cec8-11ee-ab58-6a89554d50e9?utm_source=sunshine%2Bcoast%2Bcouncil&utm_medium=website



Email for any enquiries - healthysc@sunshinecoast.qld.gov.au